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***POST-OPERATIVE INSTRUCTIONS FOLLOWING SKIN LESION REMOVAL SURGERY***

- Please keep your post-operative dressings clean, dry and intact for 24 hours following surgery.
- Gently remove your bandages.
- If they stick or are difficult to remove try soaking them off in a basin of warm water.
- Begin your prescribed soaking regimen twice daily.

Please use one of the following soaking solutions:

- 1) **Betadine Solution:** (Triadine or Povidone-Iodine): Mix one teaspoon of betadine per quart of warm water. The mixture should resemble the color of tea.
- 2) **Epsom Salt Solution:** 2 tablespoons Epsom salt per 1 quart of warm water.
- 3) **Antibacterial Soap Solution:** 1-2 pumps of Dial anti-bacterial liquid soap diluted in 1 quart of warm water.

- Soak in a clean basin designated for your surgical site.
- Apply topical antibiotic cream (Neosporin + Pain Relief) to the surgical site with a fabric bandaid.
- You may walk on the surgical foot as tolerated using your surgical shoe.
- Rest and elevate when possible as this will help to reduce pain and limit post-operative swelling.

**\*\*\*NOTE: Contact JCMG Podiatry if unusual redness, swelling, or increased pain occurs.**